

RESOURCES

The following are some examples that you can use in promoting nutrition and physical activity in your child care setting.

Nutrition Curriculum:

1. ***More Than Mud Pies*** by National Food Service Management Institute. Fifty-four nutrition education lessons built around the seasons of the year.
<http://nfsmi.org/ResourceOverview.aspx?ID=247>
2. ***Grow It, Try It, Like It! Preschool Fun with Fruits and Vegetables*** by USDA Team Nutrition. A garden-themed nutrition education kit for child care center staff that introduces children to: three fruits - peaches, strawberries, and cantaloupe, and three vegetables - spinach, sweet potatoes, and crookneck squash. <http://teamnutrition.usda.gov/Resources/growit.html>
3. ***Healthy Habits for Life Child Care Resource Kit*** by Sesame Workshop. Nutrition and PA hands-on resource kit to help you and your children find ways to get moving and make healthy food choices along with *Sesame Street* friends. Find tons of activities, games, poems and songs, dances, and ways to include learning about healthy choices into your everyday routines.
<http://www.sesameworkshop.org/initiatives/health/healthyhabits>

Also found at:

<http://kidshealth.org/classroom/index.jsp?Grade=cc&Section=hhfl>

Section 1: <http://kidshealth.org/classroom/cc/GetMoving.pdf>

Section 2: <http://kidshealth.org/classroom/cc/FoodAndDrinkToGrowOn.pdf>

Section 3: <http://kidshealth.org/classroom/cc/EveryDayIsAHealthyDay.pdf>

Additional Materials:

- **Poster:**
http://www.sesamestreet.org/cms_services/services?action=download&uid=5aaa5150-4ef2-42e1-b23c-6970e0b25863
- **Story Book:**
http://www.sesameworkshop.org/cms_services/services?action=download&uid=b13378cc-3a4a-4974-b600-d45d9882d73f
- **Caregiver Guide:**
http://www.sesameworkshop.org/cms_services/services?action=download&uid=fca1846d-763c-40fb-8d6b-feba97f5ad14

4. ***Model Health! Promoting Nutrition and Physical Activity in Children*** by Maryland State Department of Education. A collection of supplementary lessons on nutrition and physical activity with an emphasis on role modeling. Intended as a teacher resource in the early childhood classroom, the Kit is most appropriate for use with children ages 3 to 5.
<http://healthymeals.nal.usda.gov/hsmrs/Maryland/MODELHealth.pdf>

Nutrition Curriculum Continued:

5. ***Color Me Healthy*** by North Carolina State University Cooperative Extension. A program developed to reach children ages 4 and 5 with fun, interactive learning opportunities on physical activity and healthy eating. It is designed to stimulate all of the senses of young children: touch, smell, sight, sound, and, of course, taste. Through the use of color, music, and exploration of the senses, Color Me Healthy teaches children that healthy food and physical activity are fun.
<http://www.colormehealthy.com/>
6. ***The Power of Choice: Helping Youth Make Healthy Eating and Fitness Decisions*** by USDA Team Nutrition. Intended for after-school program leaders working with young adolescents.
http://www.fns.usda.gov/tn/resources/power_of_choice.html

Internet Resources:

1. Let's Move! Child Care
<http://www.healthykidshealthyfuture.org/welcome.html>
2. Grow it, like it resources
<http://www.fns.usda.gov/tn/Resources/growit.html>
3. Gardening with Toddlers
<http://root4kids.com/dig/gardening-with-toddlers-keep-it-simple-make-it-fun/>
4. **Got Dirt? Garden Toolkit**
Find gardening tips, e.g.:
 - Seeds & tools needed
 - Garden timeline
 - Wisconsin gardening examples

View and download at <http://dhfs.wisconsin.gov/health/physicalactivity/gotdirt.htm>
5. **Got Veggies? Garden-based nutrition education:**
 - Learn about nutrition in the garden
 - Seven full lesson plans
 - Garden recipes

View and download at <http://www.dhs.wisconsin.gov/health/physicalactivity/gotveggies.html>
6. Available October 2011
Healthy Bites: A Wisconsin Guide for Improving Childhood Nutrition
Active Early: A Wisconsin Guide for Improving Childhood Physical Activity

View and Download at: <http://dpi.wi.gov/fns/cacfpwellness.html> (starting in October 2011)

Snacks/recipes:

The following sites are some fun recipes children can help make. Please remember that some of these recipes may contain food items as an optional ingredient that may **not** be credited on the Child and Adult Care Food Program. In these situations, these food items are considered “additional” food items and are not counted as a part of the reimbursable meal service.

Easy snacks children can create:

- **ants on a log** (celery topped with peanut butter and raisin "ants")
- **egg boats** (hard-boiled egg wedges topped with a cheese sail)
- **veggie faces** (like cucumber eyes, tomato nose, green bean mouth, and shredded carrot hair)
- **friendship fruit salad** (every child brings in a whole or cut-up fruit and it all gets mixed together)

Kids Health (<http://kidshealth.org/>)

Kids Health Recipes:

<http://kidshealth.org/kid/recipes/index.html>

Let's Move! Child Care (<http://www.healthykidshealthyfuture.org/welcome.html>)

Let's Move! Recipes: found under “Encouraging Healthy Eaters: Let children participate in preparing food, if possible”

<http://www.healthykidshealthyfuture.org/nutrition.html>

Fruits & Veggies More Matters (<http://www.fruitsandveggiesmorematters.org/>)

Fruits & Veggies More Matters Recipes:

http://www.fruitsandveggiesmorematters.org/?page_id=102

Free Newsletter Resources:

http://www.fruitsandveggiesmorematters.org/?page_id=89

https://websrv01.kidshealth.org/enews/MA_KHC/Ma_Subscription_Form_Khc.jsp?lic=1&ma_prog_id=1&mode=list

https://websrv01.kidshealth.org/khcontent/jsp/npn_cpn.jsp?lic=1&cpn_prog_id=1

Games and coloring activities:

<http://www.foodchamps.org/activity.php?char=5&name=&aktiv=fg25.htm&poz=f27caa>

<http://www.foodchamps.org/activity.php?char=5&name=&aktiv=fg25.htm&poz=f27caa#>